



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 43004, Babyfood, dessert, banana pudding, strained

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	83.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Energy	kcal	68	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Energy	kJ	284	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Protein	g	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Total lipid (fat)	g	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Ash	g	0.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Carbohydrate, by difference	g	14.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2003
Fiber, total dietary	g	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Sugars, total	g	10.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Minerals													
Calcium, Ca	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Magnesium, Mg	mg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Phosphorus, P	mg	34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Potassium, K	mg	90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Sodium, Na	mg	54	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	0.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Copper, Cu	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Selenium, Se	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamins													
Vitamin C, total ascorbic acid	mg	12.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Thiamin	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Niacin	mg	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Vitamin B-6	mg	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2005
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	10.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin B-12	µg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Carotene, beta	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Carotene, alpha	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin A, IU	IU	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Lipids													
Fatty acids, total saturated	g	0.264	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
4:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
8:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
10:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
14:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
16:0	g	0.183	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:0	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fatty acids, total monounsaturated	g	0.277	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
16:1 undifferentiated	g	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:1 undifferentiated	g	0.250	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fatty acids, total polyunsaturated	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:2 undifferentiated	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:3 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:4 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:6 n-3 (DHA)	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Cholesterol	mg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005